

HAILED AS THE WORLD'S MOST ADVANCED ANTIOXIDANT FORMULATION

A growing number of scientific research studies is showing that a powerful group of nutrients known as antioxidants appear to slow the aging process, while offering protection against many age related degenerative illnesses. These include heart disease, cancer, brain and immune system damage, arthritis and even wrinkles.

Antioxidants have a protective effect on health because they reduce the number of free radicals in the body. As their name suggests, free radicals act like destructive terrorists in the body attacking healthy cells, making them more vulnerable to disease and causing them to age faster. They also work against the immune system and play a role in age related illnesses. Three of the most significant sources of free radicals are the fat in our diets (particularly vegetable oils) the action of sunlight on our skin, and radiation.

Have you ever seen a plastic bottle that has become dried up and brittle from lying in the sun? The same thing happens over time to the collagen in our bodies as a result of free radicals.

Free radical scavengers

Antioxidants protect against this type of damage by acting as free radical scavengers. They change free radicals into harmless substances and in this way may offer protection to all of our tissues.

While antioxidants are abundant in fruit, vegetables and other foods they occur in levels too low to make a difference.

Designer products

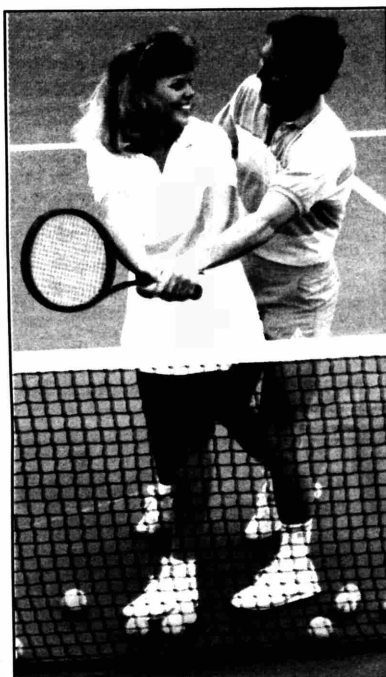
Nutritional Science has made revolutionary progress in recent years and now we are seeing high-tech, specially designed products to meet specific needs. Now for the first time we are introducing such products into Ireland.

Life Extension Mix has been formulated to provide the most powerful combination of known antioxidants.

It has the added benefit of combining a number of powerful antioxidants together so that they work in synergy and enhance each other's effect. Many of our customers who use this product say that they have much more energy, that the condition of their skin and hair quickly improved and they become more mentally alert.

Bob says:

"One of my secrets of Life-Long Fitness is to take antioxidants. I believe that Life Extension Mix is the best form of antioxidant available." Bob Delmonteque ND, Life Extension Specialist.



HEALTHCARE: 'The doctor of the future will give no medicine but will interest their patients in the care of the human frame, in diet and in the cause and prevention of disease' - Thomas A. Edison.

Caring for health...

IN MAY 1995, I was admitted to hospital with retinal detachment in my left eye and the right one following suit. My doctors told me that unless I underwent emergency surgery for re-attachment I would lose my sight in both eyes.

After very painful surgery and being out of work for several months, I decided to never let my health take second place again and subsequently decided on a Holistic diet plan, with supplements especially designed to improve my wellbeing.

I found myself very interested in "Life Extension Mix", after reading about nutrients known as Antioxidants which appeared to

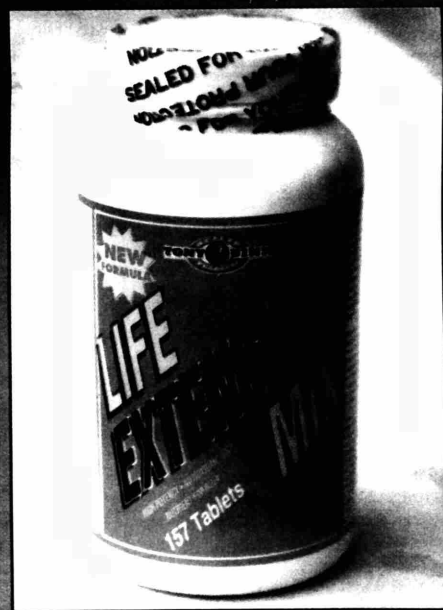
offer protection against degenerative illnesses, so I treated myself to a course of supplements.

I must say that straight away I found fantastic benefits, especially with my eyes. I had read about Bilberry Extract but could never have imagined its benefits in the reduction of the visual fatigue I had often experienced. This was a huge benefit and it came from only one of the many extracts in the "Life Extension Mix."

I have noticed beneficial improvements to my skin and my hair. I have also noticed that I am much more mentally alert and full of vitality. People have actually commented this to me and this makes me feel even better!

John O'Connor, Cork.

OUR VERY OWN TV STAR



As featured on a BBC TV programme on Life Extension And Ageing.

In a BBC documentary on ageing, some experts in the field suggested it was the most advanced product of its kind available.

This is no ordinary multi-vitamin. It contains almost 60 powerful Antioxidants (some only recently discovered) in

very generous amounts.

The beneficial affects of the nutrients have been endorsed in a number of studies published in prestigious journals.

Price £34.95

For 10 weeks supply (approx) 157 Tablets

Working long hours...

BEING owners of a city centre bar can sometimes be very demanding with long hours and being in a smoky environment. On the recommendation of a personal trainer both of us took Life Extension Mix.

In a very short period of time we both noticed an amazing improvement in our energy levels and our overall wellbeing.

We would highly recommend Life Extension Mix to anybody, especially anyone with a demanding lifestyle.

Helen & Michael McCarthy, Cork.



AFTER 3 days of Life Extension Mix there was a remarkable improvement in my general health. Hot flushes (up to 20 per day) ceased. Energy levels soared 20%

C.G Co. Dublin